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RECIPE

Zain's Qeema – Ground Meat Curry

Active Time: 50 minutes Total Time: 1 hour 15 minutes

- 1 kg (2.5 lbs) extra lean ground beef or ground chicken
 - $\frac{3}{4}$ cup cooking oil
 - 3 tsp. coriander/dhania powder
 - 2 $\frac{1}{2}$ cup finely sliced onions
 - 1 $\frac{1}{2}$ tbsp. garlic paste
 - 1 $\frac{1}{2}$ tbsp. ginger paste
 - 1 tsp. red chilly powder
 - 1 tsp. salt (or to taste)
 - 1 $\frac{1}{2}$ cup unstirred plain yoghurt
 - 2 medium tomatoes
 - 1 $\frac{1}{2}$ cup frozen peas
 - 6 whole green chillies
 - 1 cup fresh cilantro finely diced
1. Heat $\frac{1}{4}$ cup oil in a wok. Save the rest of the oil for later.
 2. Set aside $\frac{1}{4}$ cup sliced onions. Add the rest with salt to the oil and brown well on medium heat for about 10 minutes.
 3. Keeping an eye on the onions, make a paste by mixing: chilly powder, coriander powder, garlic and ginger paste and yoghurt in a bowl.
 4. Blanch tomatoes, then peel and dice.
 5. When onions are a warm brown, add the spice & yoghurt paste, then add diced tomatoes and stir well, on medium heat for 15 minutes or until the mix reduces and becomes a smooth sauce and the oil separates and glistens.
 6. Knead ground beef to take out lumps.
 7. Turn up the heat and add the ground beef or ground chicken. Cook on high heat, turning frequently for 20-30 minutes, drizzling in the rest of the oil, until the Qeema is brown. Use your andaaz (intuitive estimate)—if the Qeema has fat, you may not need to drizzle in all the oil. And if it becomes lumpy, use a hand kneader to break it up.
 8. Add peas (optional). Qeema is quite versatile and goes with a bunch of vegetables. If you like, you can add diced potatoes or even sweet

potatoes; substitute peas with chopped spinach; or add diced sweet peppers.

9. Cook 5 minutes. Fold in remaining onions. Cover and simmer on low heat for 20 – 30 minutes. Add cilantro and whole green chillies and simmer for 5 minutes.